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How to choose and use ***SNAP BEANS***

U. S. Department of Agriculture • Extension Service
and State Land-Grant Colleges, Cooperating PA-123

*When buying fresh snap beans
make sure they are . . .*

1. Fresh.
2. Clean.
3. Firm and crisp.
4. Tender.
5. Free from blemishes.

*Snap beans are available fresh,
canned, and frozen.*

*Compare prices for the
best buy.*

*One pound of snap beans provides
5 half-cup servings.*

*One No. 2 can of snap beans pro-
vides . . 4 half-cup servings.*

*One 10-ounce package of frozen
snap beans provides . . .
3 half-cup servings.*

*Snap beans are one of the vegetables offering
some vitamin A, as well as C and B₁*

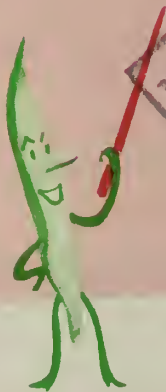
Some other green vegetables are:
GREEN CELERY • OKRA • LEAFY GREENS
GREEN ASPARAGUS • BROCCOLI

. . . One or more servings daily of leafy, green, and yellow vegetables are recommended . . .

STORE . . . covered in the refrigerator.

WASH . . . thoroughly just before cooking.

COOK . . . fresh snap beans 15 to 25 minutes in a small amount of boiling, salted water.



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